



# Healthy Life Center

## Education and Navigation

Healthy Life Center  
Virtual Classroom!  
**JANUARY**

Classes will be held **virtually** and **in-person** with appropriate precautions.

### VIRTUAL EVENTS

**Wednesday, January 5**

**Gentle Yoga Flow**

8:30-9:15 a.m. RSVP

**Friday, January 7**

**Nutrition in the Kitchen:  
Sleep & Weight Control**

1-2 p.m. RSVP

**Monday, January 10**

**New Advancements in the  
Diagnosis & Treatment of  
Shoulder Problems**

12-1 p.m. RSVP

Dr. John Mehalik, orthopedic  
surgeon

**Wednesday, January 12**

**Plant-Powered Living Series:  
Nutrition Trends for the Year**

2-3 p.m. RSVP

**Thursday, January 13**

**Workplace Wellness:  
Goal Setting**

12-1 p.m. RSVP

**Friday, January 14**

**National Birth Defects  
Awareness: Encouraging  
Healthiest Babies**

10-11 a.m. RSVP



**Wednesday, January 19**

**Gentle Yoga Flow**

8:30-9:15 a.m. RSVP

**The Three Blocks of Being  
Upright**

10-11 a.m. RSVP

**The Pillars of Balance:  
The Visual System**

3-4 p.m. RSVP



**Friday, January 21**

**Nutrition in the Kitchen:  
Alzheimer's Disease & Nutrition  
Is There a Connection?**

1-2 p.m. RSVP

**Monday, January 24**

**Ear, Nose & Throat As We Age**

3-4 p.m. RSVP

Dr. Benjamin Lehmkuhl,  
otolaryngologist

**Wednesday, January 26**

**When BMI is Too High:  
A Pharmaceutical Intervention  
to a Healthier New Year**

10-11 a.m. RSVP

**The Pillars of Balance:  
The Vestibular System**

3-4 p.m. RSVP

Dr. Patrick Reidy,  
otolaryngologist

**Thursday, January 27**

**Mental Health Awareness:  
Understanding the Whole  
Picture**

3-4 p.m. RSVP

### IN-PERSON EVENTS

**Lee Health Coconut Point**

**23450 Via Coconut Point, Estero, FL 33928**

To register for these events, call 239-468-0050.

In-person events are subject to change depending on  
COVID conditions in the community.

### WEEKLY

**Mondays**

**SHINE Counseling**

9 a.m.-3 p.m.

To schedule an appointment,  
call 866-413-5337

**Mondays, Wednesdays, &**

**Fridays**

**Walking Club Meet-Up**

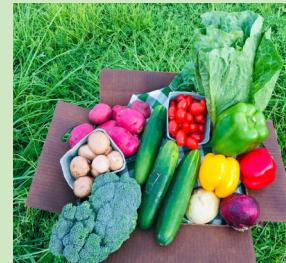
8 a.m.

**Fridays**

**SWFL Produce Box**

3-4 p.m.

To place an order,  
visit [www.swflproduce.com](http://www.swflproduce.com)



**Wednesday, January 5**

**Cooking with Kat:  
Introduction to Herbs &  
Spices**

1-2 p.m. RSVP

**Thursday, January 13**

**4th Trimester Club:**

**Welcome Back!**

10-11 a.m. RSVP



**Friday, January 14**

**Cooking with Kat: Top 10  
Benefits of Beans & Legumes**

1-2 p.m. RSVP



**Saturday, January 15**

**Prenatal Yoga**

9-10 a.m. RVSP



**Monday, January 17**

**Seniors Blue Book University:  
Estate Planning & More**

10:30-11:30 a.m. RSVP

Lunch provided after  
presentation

**Tuesday, January 18**

**Memory Screenings**

9 a.m.-noon

To schedule an appointment,  
call 239-468-0050

**Thursday, January 20**

**Alzheimer's Caregiver  
Support Group**

10 a.m.-noon RSVP

**Friday, January 21**

**Step Smart:**

**Education & Screenings**

10 a.m.-noon RSVP

**Monday, January 24**

**Ear, Nose & Throat  
As We Age**

3-4 p.m. RSVP

Dr. Benjamin Lehmkuhl,  
otolaryngologist

**Thursday, January 27**

**4th Trimester Club:**

**Meet & Greet**

10-11 a.m. RSVP



### COMING IN FEBRUARY!

**20 Day Whole Food  
Challenge**

Tuesdays, 1-2 p.m.

Call 239-468-0050 for  
more information





# Healthy Life Center

Education and Navigation

Healthy Life Center  
**JANUARY**  
Mind & Body Program

## Lee Health Coconut Point Outdoor Classes

### MIND & BODY PROGRAM

Lee Health's Mind & Body Program introduces the foundation and benefits of yoga, mindful living, stress relief and mental clarity. Whether you are new to yoga or a seasoned student, everyone is welcome to join our community and begin their journey to peace and wellbeing.



**Tuesdays (January 4, 11, 18, & 25)**

**Outdoor Gentle Yoga Flow**  
9-10 a.m.

**Outdoor Chair Yoga**  
10:15-11:15 a.m.

**Wednesdays (January 12 & 26)**

**Outdoor Pilates**  
8:30-9:15 a.m.

**Thursdays (January 6, 13, 20, & 27)**

**Outdoor Tai Chi**  
3-4 p.m.



### CLASS DESCRIPTIONS

**Outdoor Gentle Yoga Flow** - Emphasis will be on moving with the breath and cultivating mindfulness. Clear instruction and alignment cues with modifications will be offered. You will leave feeling invigorated, calm, and focused. Suitable for all levels, lunging & balancing included.

**Outdoor Chair Yoga** - Utilizing movement, mantra, and breath, this practice is suitable for all and is easily adapted for chair accessibility. Suitable for all levels, easier on the knees.

**Outdoor Pilates** - This class provides students with knowledge and techniques to apply the Five Basic Principles of Pilates while flowing through a safe and fluid repertoire of upper and lower extremity lengthening exercises with core stability. The mat class will start with essential exercises while flowing into intermediate exercises to participants' comfort level. Modifications will be demonstrated depending on participants' level of function and abilities. Suitable for all levels.

**Outdoor Tai Chi** - Tai Chi is an easy to learn, low-impact exercise with slow, fluid movements to put minimal stress on bones and joints. Practice has been shown to help prevent falls & improve balance. Suitable for all levels, great for balance.

**Please call 239-468-0050 for more information and to register.**

### Class Passes Available for Purchase.

<b>1 Class</b>	<b>\$10</b>
<b>6 Classes</b>	<b>\$55</b>
<b>12 Classes</b>	<b>\$99</b>



\*Class pass purchases are non-refundable.

**Healthy Life Center**  
**Lee Health Coconut Point**  
**23450 Via Coconut Point**  
**Estero, FL 33928**



Scan for information

**Healthy Life Center** is your **destination** for healthy events in **your area.**

RSVP at 239-468-0050 • [healthylifecenter@leehealth.org](mailto:healthylifecenter@leehealth.org)  
[tinyurl.com/HealthyLifeCenter](https://tinyurl.com/HealthyLifeCenter)

